



# My Physical Activity Log

## YOU CAN EARN A PRESIDENTIAL AWARD!

You will keep a written daily log of the physical activities you participate in. If you are active for at least 60 minutes, at least 5 of the 7 days of the week, for at least 6 weeks you will earn the President's Active Lifestyle Award.



| <i>Week 1</i> | <i>Activity</i> | <i># of Minutes</i> | <i>Week 2</i> | <i>Activity</i> | <i># of Minutes</i> |
|---------------|-----------------|---------------------|---------------|-----------------|---------------------|
| Monday        |                 |                     | Monday        |                 |                     |
| Tuesday       |                 |                     | Tuesday       |                 |                     |
| Wednesday     |                 |                     | Wednesday     |                 |                     |
| Thursday      |                 |                     | Thursday      |                 |                     |
| Friday        |                 |                     | Friday        |                 |                     |
| Saturday      |                 |                     | Saturday      |                 |                     |
| Sunday        |                 |                     | Sunday        |                 |                     |

| <i>Week 3</i> | <i>Activity</i> | <i># of Minutes</i> | <i>Week 4</i> | <i>Activity</i> | <i># of Minutes</i> |
|---------------|-----------------|---------------------|---------------|-----------------|---------------------|
| Monday        |                 |                     | Monday        |                 |                     |
| Tuesday       |                 |                     | Tuesday       |                 |                     |
| Wednesday     |                 |                     | Wednesday     |                 |                     |
| Thursday      |                 |                     | Thursday      |                 |                     |
| Friday        |                 |                     | Friday        |                 |                     |
| Saturday      |                 |                     | Saturday      |                 |                     |
| Sunday        |                 |                     | Sunday        |                 |                     |



| <i>Week 5</i> | <i>Activity</i> | <i># of Minutes</i> | <i>Week 6</i> | <i>Activity</i> | <i># of Minutes</i> |
|---------------|-----------------|---------------------|---------------|-----------------|---------------------|
| Monday        |                 |                     | Monday        |                 |                     |
| Tuesday       |                 |                     | Tuesday       |                 |                     |
| Wednesday     |                 |                     | Wednesday     |                 |                     |
| Thursday      |                 |                     | Thursday      |                 |                     |
| Friday        |                 |                     | Friday        |                 |                     |
| Saturday      |                 |                     | Saturday      |                 |                     |
| Sunday        |                 |                     | Sunday        |                 |                     |

| <i>Week 7</i> | <i>Activity</i> | <i># of Minutes</i> | <i>Week 8</i> | <i>Activity</i> | <i># of Minutes</i> |
|---------------|-----------------|---------------------|---------------|-----------------|---------------------|
| Monday        |                 |                     | Monday        |                 |                     |
| Tuesday       |                 |                     | Tuesday       |                 |                     |
| Wednesday     |                 |                     | Wednesday     |                 |                     |
| Thursday      |                 |                     | Thursday      |                 |                     |
| Friday        |                 |                     | Friday        |                 |                     |
| Saturday      |                 |                     | Saturday      |                 |                     |
| Sunday        |                 |                     | Sunday        |                 |                     |

**Student Signature**

**Date**

**Adult Signature**

**Date**

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